



Money Smart Week®

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AWARENESS MONTH

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Issue 48 | April | 2014

ATTORNEY GENERAL
BILL SCHUETTE'S

Senior Brigade



MONEY
SMART
WEEK

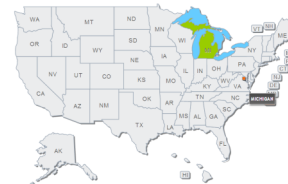
APRIL 5 - 12, 2014

Money Smart Week® is a public awareness campaign designed to help consumers manage financial stress, meet their goals, and maintain their financial well being. This year, Money Smart Week® takes place from April 5 - 12, 2014.

Across the country, businesses, banks, schools, libraries, government agencies, and the media come together to stress the importance of financial literacy.

These organizations provide free financial educational seminars and other programming. The programming is offered to everyone and covers topics such as: budgeting; credit; purchasing a home; financial and estate planning; and much more.

Click the map to find programming available in Michigan during Money Smart Week®.



Additional resources on how you can protect yourself and your loved ones are available within the [Consumer Alerts](#) section of the [Department of Attorney General's Consumer Protection website](#).

And, don't forget to check out other Senior Brigade expos and presentations which are available at www.michigan.gov/seniorbrigade.



www.Mi.gov/seniorbrigade

AGCSI@mi.gov

1-877-765-8388

Senior Events
Calendar

S	M	T	W	T	F
			1	2	3
5	6	7	8	9	10
12	13	14	15	16	17
19	20	21	22	23	24
26	27	28	29	30	



SENIOR SMILES



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If you're already planning this year's getaway, don't forget to pick up a copy of the [2014 Pure Michigan Travel Guide](#). You can discover, or rediscover, all that Michigan offers.

If you prefer a digital copy, [click here to access the digital version of the 2014 Pure Michigan Travel Guide](#).



National Stress Awareness Month



Stress can come in many different forms. The [Mayo Clinic](#) states that common stressors are job pressures, health problems, or financial difficulties. In order to combat stress, the Mayo Clinic suggests trying one or more of the following activities:

1. **Get Musical and be Creative:** These activities provide distractions, reduce muscle tension, and decrease stress hormones.
2. **Keep a Journal:** Writing down your thoughts and feelings can be a good release.
3. **Get Active:** Any form of physical activity can relieve stress.
4. **Laugh More:** Laughing lightens your mental load and causes positive physical changes in your body.
5. **Get Enough Sleep:** If you have trouble sleeping, strive to have a quiet and relaxing bedtime routine. Try listening to soothing music and remove clocks from the bedroom.
6. **Relax:** Focus on enjoying the moment. Try meditation, tai chi, or yoga.

Source: [Mayo Clinic Stress Management](#)



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**Earth Day is Tuesday,
April 22nd**

[Click here to learn more about ways to conserve and protect the environment.](#)

